

### **AMENDMENTS TO THE CLAIMS**

The following listing of claims will replace all prior versions and listings of claims in the application.

#### **Listing of Claims:**

1. (Currently Amended) An article of footwear, comprising:  
an upper for receiving a foot;  
a sole unit coupled to the upper and comprising a heel region and a forefoot region; and  
a weight arranged in the sole unit for stabilizing the foot against at least one torque acting on the foot when striking an object, wherein the weight is substantially symmetrically distributed around at least one of an axis running generally through an area corresponding to first and second metatarso-phalangeal joints and an axis running generally through an area corresponding to third, fourth, and fifth metatarso-phalangeal joints of the foot.
2. (Cancelled)
3. (Cancelled)
4. (Cancelled)
5. (Original) The article of footwear of claim 1, wherein the weight comprises from about 10% to about 40% of an overall weight of the article of footwear.
6. (Original) The article of footwear of claim 1, wherein the weight comprises from about 10% to about 20% of an overall weight of the article of footwear.

7. (Original) The article of footwear of claim 1, wherein the weight comprises from about 15% to about 45% of an overall weight of the article of footwear.
8. (Original) The article of footwear of claim 1, wherein the weight comprises a mass greater than about 30g.
9. (Original) The article of footwear according to claim 8, wherein the weight comprises a mass greater than about 40g.
10. (Original) The article of footwear of claim 1, wherein the weight comprises a mass between about 45g and about 90g.
11. (Original) The article of footwear of claim 1, wherein the weight comprises a composite material, the composite material comprising a plastic material and a metal.
12. (Original) The article of footwear of claim 11, wherein the composite material comprises tungsten.
13. (Original) The article of footwear of claim 11, wherein the composite material comprises tungsten embedded into a polymer matrix.
14. (Original) The article of footwear of claim 1, wherein the weight is integrated into the sole unit as at least one ballast element.
15. (Original) The article of footwear of claim 1, wherein the weight is releasably attached to the forefoot region of the sole unit.

16. (Original) The article of footwear of claim 15, wherein the weight is integrated into a removable inlay.
17. (Original) The article of footwear of claim 15, wherein the weight is releasably coupled to a receptacle of the sole unit.
18. (Original) The article of footwear of claim 1, wherein the weight is integrated into at least one profile element coupled to the article of footwear.
19. (Original) The article of footwear of claim 18, wherein the weight is provided as at least one washer disposed between the at least one profile element and the article of footwear.
20. (Original) The article of footwear of claim 1, wherein the weight is arranged on at least one of a medial side and a lateral side of the forefoot region of the sole unit.
21. (New) The article of footwear of claim 1, wherein the weight is substantially symmetrically distributed around an intersection of the axis running generally through an area corresponding to first and second metatarso-phalangeal joints and the axis running generally through an area corresponding to third, fourth, and fifth metatarso-phalangeal joints of the foot.
22. (New) The article of footwear of claim 1, wherein the weight is permanently embedded within the sole unit.